

# Love + Boundaries = Safety

## Showing Love

- Give your children clear and unmistakable signs of love each day (e.g. saying “I love you!”, hugs & kisses, etc.)
- Make sure that you communicate that your love for them is unconditional (e.g. “I love you for who you are” vs. “I love you for all the things you do.”)
- Make sure that you communicate love *even when they behave poorly*.

## Creating Boundaries

- Make an agreement with all caregivers to have clear, consistent and age appropriate rules for the home.
- Emphasize what it is that you want your children to do as opposed to what you don't want them to do. (“I want you to speak to me nicely” vs. “Don't talk to me that way.”)
- Give praise & rewards for displays of good behavior. Give negative consequences & withhold rewards for poor behavior.
- Be consistent - **NEVER REWARD POOR BEHAVIOR!**

## Creating Safety

- Insist on physical and emotional safety within the home from all members of the family. (e.g. No put-downs, physical aggression, shouting, etc.)
- Allow for exploring, learning, creating but with appropriate supervision.
- Have a plan for yourself and your child to calm down when the situation is intense.
- Apologize and encourage apologies when mistakes are made.
- Model the behaviors that you want to see from your children - No fudging!

## Example of House Rules:

- 1) We will speak to each other with respect.
- 2) We will be safe by not hurting each other.
- 3) We will follow directions.
- 4) We will sometimes have to accept “No” for an answer.
- 5) We will ask for things we want without whining.

Remember that the people who provide for a child's safety may not always be liked, but they will be respected.

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